

## **ABD - Abdominal Pain**

### **ABD-C      COMPLICATIONS**

**OUTCOME:** The patient/family will understand the complications of abdominal pain.

**STANDARDS:**

1. Explain that some possible complications are acute hemorrhage, sustained hypotension and shock, perforation of an organ, and infections.
2. Advise the patient/family that complications may be prevented with prompt treatment. Increasing-pain, persistent fever, bleeding, or altered level of consciousness should prompt immediate follow-up.

### **ABD-DP      DISEASE PROCESS**

**OUTCOME:** The patient/family will understand some possible etiologies of abdominal pain.

**STANDARDS:**

1. Discuss various etiologies for abdominal pain, e.g., appendicitis, diverticulitis, pancreatitis, peritonitis, gastroenteritis, bowel obstruction, ruptured aneurysm, ectopic pregnancy, and inflammatory bowel disease, as appropriate.

### **ABD-FU      FOLLOW-UP**

**OUTCOME:** The patient/family will understand the importance of follow-up in the treatment of abdominal pain.

**STANDARDS:**

1. Discuss the importance of follow-up care.
2. Discuss the procedure for obtaining follow-up appointments and that follow-up appointments should be kept.
3. Emphasize that full participation of the treatment plan is the responsibility of the patient/family.
4. Discuss signs/symptoms that should prompt immediate follow-up.
5. Discuss the availability of community resources and support services and refer as appropriate.

### **ABD-L      LITERATURE**

**OUTCOME:** The patient/family will receive literature about abdominal pain.

**STANDARDS:**

1. Provide the parent/family with literature on abdominal pain.
2. Discuss the content of the literature.

**ABD-M      MEDICATIONS**

**OUTCOME:** The patient/family will understand the purpose, proper use, and expected outcomes of prescribed drug therapy.

**STANDARDS:**

1. Describe the name, strength, purpose, dosing directions, and storage of the medication.
2. Discuss the risks, benefits, and common or important side effects of the medication and follow up as appropriate.
3. Discuss any significant drug/drug, drug/food, and alcohol interactions, as appropriate.
4. Discuss the importance of keeping a list of all current prescriptions and over-the-counter medicines, vitamins, herbs, traditional remedies, and supplements. Encourage the patient to bring this list and pill bottles to appointments for medication reconciliation.

**ABD-MNT      MEDICAL NUTRITION THERAPY**

**OUTCOME:** The patient/family will understand the specific nutritional intervention(s) needed for treatment or management of abdominal pain.

**STANDARDS:**

1. Explain that Medical Nutrition Therapy (MNT) is a systematic nutrition care process provided by a Registered Dietitian (RD) that consists of the following:
  - a. Assessment of the nutrition related condition.
  - b. Identification of the patient's nutritional problem.
  - c. Identification of a specific nutrition intervention therapy plan.
  - d. Evaluation of the patient's nutritional care outcomes.
  - e. Reassessment as needed.
2. Review the basic nutrition recommendations for the treatment plan.
3. Discuss the benefits of nutrition and exercise to health and well-being.
4. Assist the patient/family in developing an appropriate nutrition care plan.
5. Refer to other providers or community resources as needed.

## **ABD-N      NUTRITION**

**OUTCOME:** The patient/family will understand the role of nutrition and abdominal pain.

### **STANDARDS:**

1. Discuss possible foods that may exacerbate abdominal pain as appropriate.
2. Omit possible offenders such as alcohol, caffeine, and aspirin.
3. Explain the benefits of keeping a food diary to identify foods that may be associated with pain.
4. Refer to a registered dietitian for MNT.

## **ABD-PM      PAIN MANAGEMENT**

**OUTCOME:** The patient/family will understand the pain management in abdominal pain.

### **STANDARDS:**

1. Discuss, as appropriate, that some foods might exacerbate abdominal pain.
2. Explain that administration of pain medications may be delayed until the etiology of the pain is determined.
3. Explain that chronic, escalating or uncontrolled pain should be reported.
4. Explain that administration of fluids, narcotics, other medications and non-pharmacologic measures may be helpful in managing pain and associated symptoms.

## **ABD-SM      STRESS MANAGEMENT**

**OUTCOME:** The patient/family will understand the role of stress management in the treatment of abdominal pain.

### **STANDARDS:**

1. Discuss that uncontrolled stress may increase alcohol and other drug use and interfere with treatment.
2. Emphasize the importance of seeking professional help as needed to reduce stress.
3. Discuss the various stress management strategies which may help maintain a healthy lifestyle. Examples may include:
  - a. Becoming aware of your own reactions to stress
  - b. Recognizing and accepting your limits
  - c. Talking with people you trust about your worries or problems
  - d. Setting realistic and meaningful goals

- e. Getting enough sleep
  - f. Maintaining a healthy diet
  - g. Regular physical activity
  - h. Taking vacations
  - i. Practicing meditation, self-hypnosis, and positive imagery
  - j. Practicing relaxation methods such as deep breathing or progressive muscular relaxation
  - k. Participating in spiritual or cultural activities
4. Provide referrals as appropriate.

#### **ABD-TE TESTS**

**OUTCOME:** The patient/family will understand tests to be performed, the potential risks, expected benefits, and the risk of non-testing.

##### **STANDARDS:**

1. Explain that diagnostic testing may be required to determine the etiology of the pain so appropriate therapy can be initiated.
2. Explain the test(s) that have been ordered and collection method.
3. Explain the benefits and risks of the tests to be performed. Explain the potential risk of refusal of the recommended test(s).
4. Inform the patient of any advance preparation and instructions for the test, e.g., nothing by mouth, enemas.

#### **ABD-TX TREATMENT**

**OUTCOME:** The patient/family will understand the treatments that may be prescribed including the risk and benefits of the treatments or the risk of non-treatment.

##### **STANDARDS:**

1. List the therapy(ies) that may be indicated. Discuss the risk(s) and benefit(s) of the proposed treatment(s) as well as the risk of non-treatment.